# DEPARTMENT OF PUBLIC HEALTH



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#### FOR IMMEDIATE RELEASE

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## September is National Food Safety Month

**San Bernardino**: September is National Food Safety Month. This year's theme is "Be Safe, Don't Cross-Contaminate."

Each day, our hands touch surfaces covered with invisible pathogens. Even healthy people can spread pathogens. One of the key ways to prevent cross-contamination of food products is to practice good hand-washing techniques. Food handlers must wash their hands correctly and as often as necessary to prevent their hands from becoming a vehicle for cross-contamination. The County of San Bernardino Department of Public Health, Division of Environmental Health Services encourages food handlers to follow the guidelines below to help prevent foodborne illnesses and cross-contamination of food products.

Food handlers must wash their hands before starting work. They must also wash their hands after the following activities:

- Using the restroom
- Handling raw meat, poultry, and seafood (before and after)
- Sneezing, coughing, or using a tissue
- Touching the hair, face, or body
- Eating, drinking, smoking, or chewing gum or tobacco
- Taking out garbage
- Handling chemicals that might affect food safety
- Clearing tables or bussing dirty dishes
- Touching clothing or aprons
- Handling money
- Leaving and returning to the kitchen/prep area
- Handling service animals or aquatic animals

Food handlers must wash their hands in a designated hand-washing sink. Do not wash your hands in sinks used for food prep, dishwashing, or utility services.

For more information, contact the County of San Bernardino Department of Public Health, Division Environmental Health Services at (800)442-2283 visit our website at free www.sbcounty.gov/dehs. For educational resources for food facilities, visit www.foodsafetvmonth.com.

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